

So here we are again with my **11th blog on Medical Emergencies.**

Diabetes



Diabetes is a condition that causes a person's blood sugar level to become too high.

There are 2 main types of diabetes:

Type 1 Diabetes - a lifelong condition where the body's immune system attacks and destroys the cells that produce insulin.

Type 2 Diabetes - where the body does not produce enough insulin, or the body's cells do not react to insulin properly.

Type 2 diabetes is far more common than type 1. In the UK, over 90% of all adults with diabetes have type 2.

High blood sugar that develops during pregnancy is known as gestational diabetes. It usually goes away after giving birth.

Visit your GP as soon as possible if you experience the main symptoms of diabetes, which include:

- feeling very thirsty
- peeing more frequently than usual, particularly at night
- feeling very tired

- weight loss and loss of muscle bulk
- itching around the penis or vagina, or frequent episodes of thrush
- blurred vision

You may be more at risk of type 2 diabetes if you:

- are living with overweight or obesity.
- do not have a healthy diet.
- have a family history of type 2 diabetes.
- are of Asian, Black African, or African Caribbean origin
- take certain medicines such as steroids for a long time.
- have high blood pressure.
- have had gestational diabetes during pregnancy.

If someone has a diabetic emergency, their blood sugar levels can become too low. This can make them collapse.

Giving them something sugary will help raise their blood sugar levels and improve their bodily function. Avoid giving them a diet drink, as it won't have any sugar in it and will not help them.

Reference: www.nhs.uk www.redcross.org.uk

Thank you and stay healthy. Please visit my webpage as I provide the necessary, 1 day emergency First Aid at Work courses, needed for the qualification of Fencing Coaches.

www.evexiatraining.co.uk

